

LISTEN

ALABAMA DEPARTMENT OF MENTAL HEALTH, OFFICE OF CONSUMER RELATIONS
Bob Riley, Governor John Houston, Commissioner Volume 14, Number 4 Summer 2010

"A tribute long overdue" —

BRYCE CEMETERY

Memorial Dedication Ceremony

On April 18, 2010, at 2:00PM at the Bryant-Jordan Chapel on the Bryce Hospital Campus, a dedication ceremony was held to pay tribute to the thousands of people who have been buried in the four cemeteries at Bryce Hospital.

"This tribute was long overdue," said Dr. Tom Hobbs, Director of Western Mental Health Center, Inc., and chairman of

the Bryce Hospital Historic Preservation Committee. "Since Bryce Hospital opened in 1861, thousands of people have lived and died here. The Bryce Hospital cemeteries have suffered years of neglect and abandonment, with many grave sites overgrown and most grave markers either stolen or vandalized. In viewing the cemetery landscape, you cannot help but feel that the legacy of those resting there will soon be forgotten. For all of us whose lives have been affected by Bryce Hospital, we have a duty to ensure that these individuals will always be remembered. And we took one small step in that direction on April 18 by dedicating a cemetery memorial in their honor."

Hobbs said that this is the first time that such an event

has ever been held at Bryce Hospital. This one-of-a-kind ceremony contained several highlights designed to honor those buried in the Bryce Hospital cemeteries.

"Commissioner John Houston, who initiated the preservation effort by appointing the Bryce Hospital Historic Preservation Committee, welcomed those in attendance. Our friend Larry

Fricks from Georgia, a consumer and cemetery restoration advocate, delivered the keynote address. Alabama's Poet Laureate, Dr. Sue Brannan Walker, read an original poem composed just for this special event. I personally feel that Dr. Walker's composition is a wonderful work that pays special homage to those we wish to honor."

Steve Davis, Bryce historian, provided a brief history of the Bryce Hospital cemeteries, and Brigadier General Frederick Johnson of the Alabama Army National Guard, along with a military honor guard, paid tribute to the many veterans who are buried at Bryce.

"We were honored with music provided by Alabama consumer and singer-songwriter Ben Arthur and we displayed the historical markers that will be placed in each of the four cemeteries."

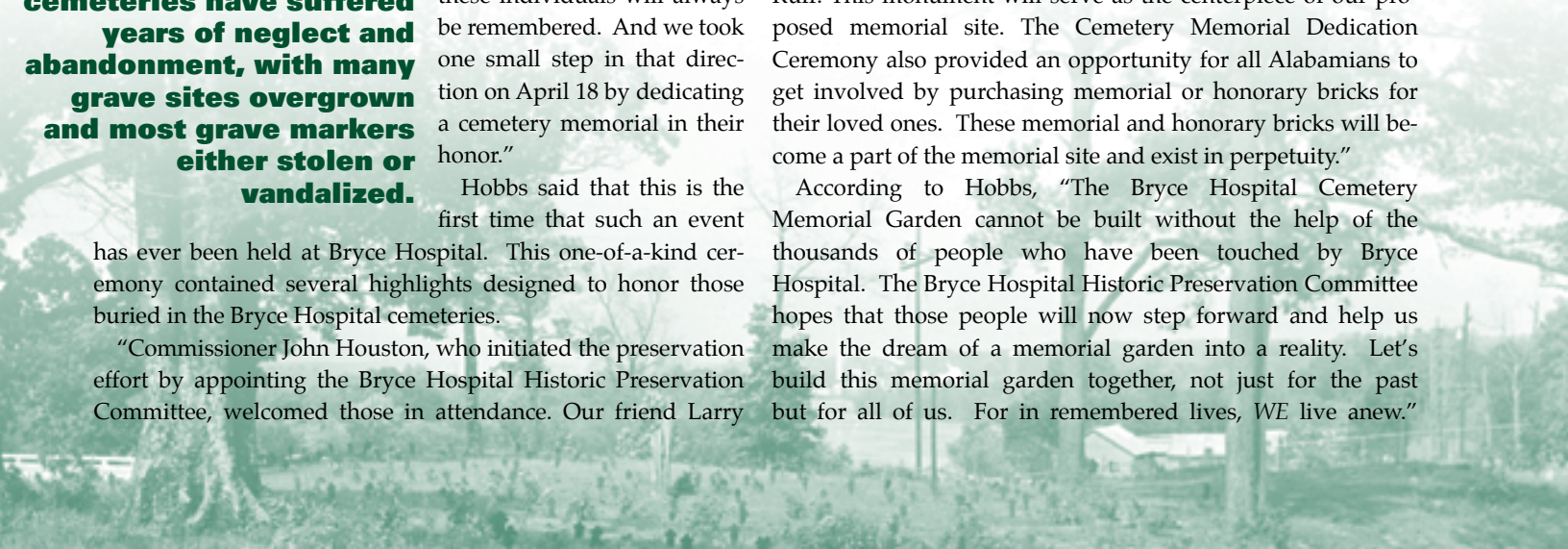
To conclude the ceremony, Hobbs said they unveiled, for the first time, an artist's rendering of the proposed cemetery memorial monument. Following the dedication ceremony, refreshments were served and tours were conducted of the historic 150 year-old Bryce Hospital main building.

"The cemetery dedication ceremony served as the kickoff for our fundraising efforts to pay for the Bryce Hospital Cemetery Memorial Garden," Hobbs said. "We plan to erect a large granite monument designed by Mr. Jon Brock, and the face of the monument will be engraved with an inscription written by two Alabama consumers, Sister Lucindia Claghorn and Mr. William Ruff. This monument will serve as the centerpiece of our proposed memorial site. The Cemetery Memorial Dedication Ceremony also provided an opportunity for all Alabamians to get involved by purchasing memorial or honorary bricks for their loved ones. These memorial and honorary bricks will become a part of the memorial site and exist in perpetuity."

According to Hobbs, "The Bryce Hospital Cemetery Memorial Garden cannot be built without the help of the thousands of people who have been touched by Bryce Hospital. The Bryce Hospital Historic Preservation Committee hopes that those people will now step forward and help us make the dream of a memorial garden into a reality. Let's build this memorial garden together, not just for the past but for all of us. For in remembered lives, WE live anew."



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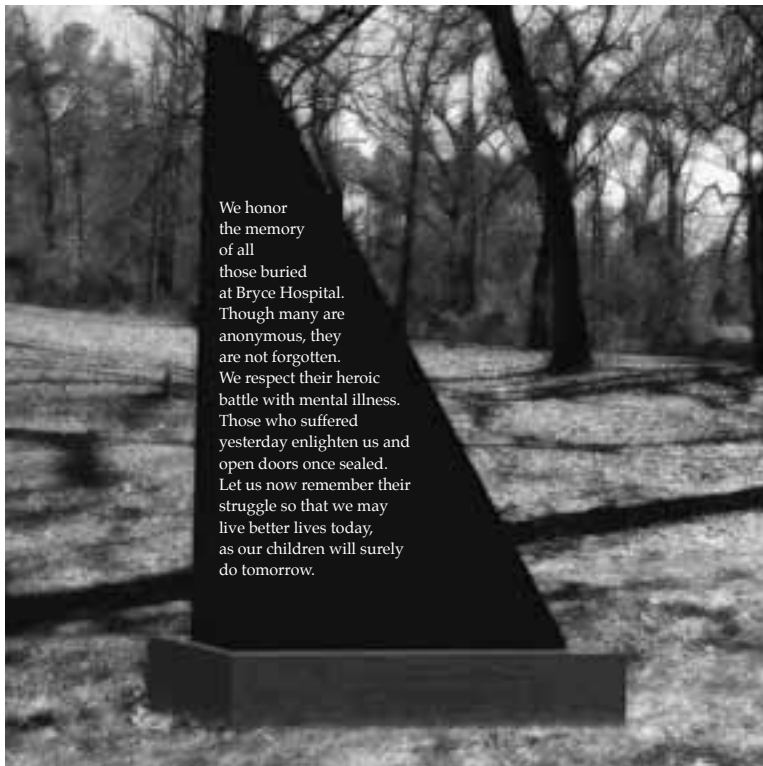




Sister Lucindia and William Ruff, composers of memorial inscription



Ben Arthur at dedication ceremony



Jon Brock designed the memorial

In Remembered Lives We Live Anew

*In throes of abiding dust, in remembering graves,
in fields where sorrow songs whisper still in leaves of trees,
in leaves of books, in annals of time,
in Tuscaloosa in 1861, along the river where limber pine
and limbs of water oaks reach ever heavenward
like people proud of their work,
of their strong arms and harageous hands,
men and women dignified in the planting of corn
beans, peas and potatoes, peaches and watermelons,
fulfilled and gratified as sweet-savored juice falls
into their open mouths and runs down grateful chins,
in the long reckoning of time when value
lay in good labor, when the name, Peter Bryce,
meant courage and hope, meant moral treatment,
meant that a mind needed time to heal, and hands
needed things to do, needed to be of use,
needed a garden to tend, needed to mend
and sew, and make household goods,
needed to be someone, and not some thing,
a pig in a piggery,
in long fallow fields under brooding skies,
in the heard whurr of birds, the night heron,
blackbirds calling o-ka-leeeee, oka-leeeee,
in times when the Warrior over-reaches its banks,
when weeds and anxious wind,
and fire and civil war
shore the ruin of things that happened
that never should have happened,
the grace of long remembering redeems lost lives,
commemorates the detritus of unmarked graves,
gives silenced tongues a chance to say
that time past is never past,
but is ever always new,
and we learn in the preserve of memory
the how and what and who
of all that we shall be.*

Sue B. Walker
Poet Laureate of Alabama, 2010



LISTEN

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"Let's remember and revere the dead..."

By Paul Davis

"Rows upon rows of numbered, small, rusted markers as far as the eye can see. No names, just numbers. It must be the most gruesome sight... Unknown humans, shunned when living, deprived of their very names in death – and known only to God."

— Joe Ingram

There was the erie wail of the bagpipes; later a solemn brass tone from a bugle playing taps.

A minister prayed with fervor to begin and end the service. It was a proper funeral for the more than 5,000 dead who did not receive the respect which a proper funeral service affords.

It sent shivers down my spine. How could it be that the remains of 5,000 people could have gone to their graves without remembrance and respect? Was it just God who had time and respect and love for these precious souls?

These souls were housed in bodies of those we labeled as mentally ill, or, in the early days, the insane and the imbeciles — words which are today as offensive as the "N" word. We now are trying to make things right in the way we view those with mental illness, the retarded, the homeless, those who are less fortunate than us. Making that transition is an interesting journey.

The chapel at Bryce Hospital was filled last Sunday, standing room only. The relatively new structure is named the Bryant-Jordan Chapel. We had to get our two most famous football coaches to lend their name to the fundraising effort to build the chapel. It was a surreal afternoon. For a century and a half, tens of thousands of people had been shipped to Alabama's State Hospital for the Insane, now named Bryce to honor its first superintendent, Peter Bryce.

The place drips with irony. In its first years, it was a model for the nation, designed by a great architect and operated in a pastoral setting by Dr. Bryce. He didn't allow abuse, neglect, chains or straitjackets. Early on, the rooms looked like those in a hotel. Rockers, dressers and beds with clean, crisp sheets. All able-bodied patients worked. There were gardens, and fields of corn, hundreds of cattle, horses, a piggery and a giant laundry. Women gathered each day in large sewing rooms that looked like modern factories of the time. The women made the uniforms, sheets and blankets. Others prepared, cooked and served the food in pretty dining rooms.

The hospital was almost self-supporting. Dr. Bryce gave his life to the institution. Too many others just gave their lives. They came in the front door and left by the back into one of several cemeteries. I have walked those halls with several governors. George Wallace was indifferent. Mental patients didn't vote. Gov. Lurleen Wallace wept. Gov. Bob Riley proclaimed "enough is enough. We're going to build a new world class hospital."

Too many families never acknowledged they had a "crazy" member. Even in death, they chose to look in another direction as their dead were buried. At first, wooden stakes marked the burial places. The stakes had numbers, not names. Then there were small iron markers shaped much like a clover leaf.

I walked through these graveyards many times and tried to mentally place names and faces on those gravesites where men and women, black and white, military men from all branches of services, even a section for the babies born of female patients were buried — all without names.

People often call Steve Davis, historian at Bryce, to ask about the gravesite of a family member, acknowledging for the first time that they had a "defective" family member.

"They come to the hospital and I take them to the cemetery and they often grow angry when I can't show them the burial site. We simply don't know."

Davis has a huge ledger book, tattered and yellowed with age, with a listing of all the burials with the only designation of some a number. Through cross-referencing, sometime a name can be placed with the number, but with all the markers gone, finding a burial site is impossible.

When I leaf through that ledger and see all the numbers, I'm always reminded of Auschwitz, Buchenwald and Dachau where Hitler sought to murder all the world's Jews. He numbered and labeled them and hauled them to death camps in cattle cars. Such an analogy with the Bryce situation is not fair. Our state was not guilty of mass murder, just mass indifference and mass neglect.



Paul Davis with Ricky Wyatt

I sat in the auditorium behind Ricky Wyatt and his caretaker aunt. Wyatt is the former Bryce patient in whose name the federal lawsuit against the state of Alabama was filed. He's a tall, heavy man. He walks with a cane. When he was acknowledged at the memorial, he struggled to get to his feet, and extended his hand to help his elderly aunt to hers. He slowly turned back toward the audience to look into the eyes of those giving him a standing ovation.

He was one of the lucky ones. He made it out of Bryce alive. I was with him in Federal Judge Frank Johnson's courtroom when the suit was filed. I was there with him more than 30 years later when federal oversight of Alabama's mental facilities was removed. We're making progress, slow progress. The Bryce property has been sold to the University of Alabama for its expansion. But its most historic buildings will be saved and its cemeteries will be preserved — forever.

Let's remember and revere the dead. People must never again become disposable "things." We must never ever again bury both body and soul wrapped in a sheet, no coffin, no name, and no respect with their last contact with the state of Alabama being a shovel of dirt thrown in their face.

You may contact Paul Davis at Paul_Davis@charter.net



Ricky Wyatt and Jon Brock, memorial designer

Bryce Hospital Cemetery Memorial Fund

DONATION FORM

Since 1861, thousands of men and women who died while residents of Bryce Hospital have been buried in the Bryce Hospital Cemetery. While an untold number of the graves are unmarked, many are marked by a simple stone inscribed with a number. Like many mental health facility cemeteries across the nation, the Bryce Hospital Cemetery has suffered years of shameful neglect and abhorrent vandalism. Now is the time to depart from the past and venerate those beloved souls buried at Bryce Hospital. As members of the Bryce Hospital Historic Preservation Committee, we cordially invite you to join with us in erecting a cemetery monument and in also creating the Bryce Hospital Cemetery Memorial Garden. By working together, we can make this dream a reality. There are two ways that you can help: (1) you can donate a memorial or honorary brick, and/or (2) you can make a monetary contribution. Each of these options is explained below.

Option #1: DONATE A MEMORIAL OR HONORARY BRICK

A memorial brick contains an engraved inscription that pays tribute to a deceased loved one, friend, or significant other (the deceased individual does not have to be someone who was a patient at Bryce Hospital). An honorary brick pays tribute to a living individual. The brick will be placed in a walkway near the monument in the Bryce Hospital Memorial Garden where it will remain in perpetuity. If you wish to donate one or more bricks, you must complete each of the following **four** steps.

Step #1: Complete this form. You must complete this order form for **each** memorial or honorary brick that you wish to donate. **For example**, if you wish to donate two memorial or honorary bricks, you must complete two order forms, one for each brick.

Name: _____

Address: _____

Phone: _____ E-mail address: _____

Step #2: Select your memorial or honorary brick. You must decide the type of memorial or honorary brick that you would like to donate. The types and costs of memorial/honorary bricks are listed below. (Check only one per order form.)

☐ **4x8 Red Brick = \$100.00** ☐ **8x8 Gray Granite = \$200.00** ☐ **12x12 Black Granite = \$300.00**

Step #3: Write your memorial or honorary inscription. The wording will be centered in capital letters; remember to include one space between each word. You may write anything that you like as long as it conforms to the following limitations*:

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
Line 1	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	
Line 2	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	
Line 3	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	16 characters/line
	↑ End for 4x8 Red Brick																
																
	Continue for 8x8 Gray or 12x12 Black Granite↓																4x8: 3 lines
Line 4	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	
Line 5	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	8x8: 6 lines
Line 6	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	
	↑ End for 8x8 Gray Granite																12x12: 8 lines
																
	Continue for 12x12 Black Granite↓																
Line 7	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	
Line 8	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	

For example, "In Memory of _____", "In Honor of _____", "Gone but not Forgotten", "In Tribute to _____", "Goodnight, Not Goodbye".

*Please note that the Bryce Hospital Historic Preservation Committee, Alabama Department of Mental Health, reserves the right to reject any inscription that it considers to be inappropriate.

(continued)

Step #1: **Make your donation.** Mail this completed order form (including your inscription) and your check to the address listed below:

**The Bryce Hospital Cemetery Memorial Fund
Community Foundation of West Alabama
P.O. Box 3033
Tuscaloosa, AL 35403**

Please note that your donation qualifies as a tax-deductible contribution. Within 4-6 weeks, you will receive written confirmation of your order.

Option #2: **MAKE A MONETARY CONTRIBUTION**

If you do not wish to donate a memorial or honorary brick, you may help us to develop the Bryce Hospital Cemetery Memorial Garden by making a monetary contribution **in any amount**. If you wish to make a monetary contribution, please complete the form below:

Name: _____

Address: _____

Phone: _____ E-mail address: _____

Amount contributed: _____

Mail this completed contribution form and your check to the address listed below:

**The Bryce Hospital Cemetery Memorial Fund
Community Foundation of West Alabama
P.O. Box 3033
Tuscaloosa, AL 35403**

Please note that your donation qualifies as a tax-deductible contribution. Within 4-6 weeks, you will receive written confirmation of your contribution.

Questions:

If you have questions about the Bryce Hospital Cemetery Memorial Garden or about how to make a donation, please contact:

Mr. Steve Davis, Historian
Bryce Hospital
200 University Boulevard
Tuscaloosa, AL 35401

Phone: 205-759-0711

E-mail: steve.davis@bryce.mh.alabama.gov

More Information:

Keep up to date with our progress in establishing the Bryce Hospital Cemetery Memorial Garden via the web:

<http://www.BryceHospitalProject/default.aspx>

Sale of Bryce Hospital Paves Way for Museum, New Facility



In an important and historic agreement, the Alabama Department of Mental Health has sold the 150-year-old Bryce Hospital campus to the University of Alabama for \$87.75 million.

The sale will ultimately enable the Department to build a new, smaller state-of-the-art facility to replace the outdated hospital, and allow the University to grow into the valuable, central location presently occupied by the 200-acre Bryce campus.

The sale, which was officially completed on May 27, will ultimately enable the Department to build a new, smaller state-of-the-art facility to replace the outdated hospital, and allow the University to grow into the valuable, central location presently occupied by the 200-acre Bryce campus. The sale also includes maintaining the historic landmark designation of the main building, which will house a mental health museum. According to David Jackson, the Department's Associate Commissioner for Administration, the complicated sale was agreed to in principle in late December, but the final details took a while to work out.

"The principals in this agreement – Governor Riley, Commissioner Houston and University President Witt – agreed to the sale which benefits all parties and the

citizens of Alabama. It is important to remember that the facility is 150 years old, and was once really its own city housing thousands of patients and employees. The details of the negotiation were very complex, involving numerous technical details such as the disposition of fixtures and other preservation issues, access and utility easements, environmental issues and hundreds of other things that are not apparent on the surface."

"Fixtures" in this case could mean anything from the massive wooden benches in the auditorium, to a chandelier or even to the gas fueled projectors that were used to show motion pictures. These might be very important in the



David Jackson

eventual creation of a mental health museum, already agreed to in the sale. Development of the museum concept is being led by Dr. Tom Hobbs and the Bryce Hospital Historic Preservation Committee (see related article).

Jackson's tenure with the Department goes back nearly a decade.

"These overtures of interest from the University of Alabama to purchase the Bryce campus have been going on since I've been with the Department," he said. "As we've said publicly many times, we didn't put a 'For Sale' sign out in the front yard. We were approached by the University. They are landlocked with nowhere to expand, so it makes sense for them."

"From our standpoint we want to provide the best possible facilities for those who must be treated as inpatients," Jackson continued. "Of course, to the greatest extent possible, we want to see people treated in their own communities. Bryce Hospital was never intended to be someone's home. But we do want to provide the best quality care in the best facility to anyone who is placed in our care. This sale will allow us to do that."

The overall sale, the negotiation of which Jackson described as "somewhat tortured at times," was announced for a total of \$87.75 million. Of that amount, \$10 million is to be allocated by the University of Alabama as follows: \$6.5 million for preservation of the historic main building \$3.5 million for continuation of land contamination monitoring and maintenance.

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Since Bryce was essentially its own city, with underground storage tanks, a power plant, a dry cleaning facility and other industrial areas among other things, there has been a great deal of environmental study and remediation necessary.

The \$77.75 million purchase price to the Department was for 168.29 acres. One recent development that was not part of earlier discussions was the inclusion of the Harper Geriatric Psychiatry Center in the sale -- \$5.75 million of the \$77.75 million is for the 8.16 acre Harper Geriatric Psychiatry Center.

The Alabama Department of Mental Health will continue its current operations on the property. The university will lease the land and structures back to the department for \$1.00 per year for a period of three years, with an optional one year extension, while the new hospital is being constructed. The Harper Center will also be leased back to the Department, but for an indefinite period, understood to mean as long as it is needed by the Department to provide mental health services.

"We weren't trying to make a profit, so to speak, but to build the best facility we can and help the University develop to its full potential," Jackson said. "With construction costs down right now, of course, we wish we could start building today but there are many complex issues involved. Our next step is to get down to designing and building."

On the surface the status quo will remain in place until the new hospital is built. But the reality is that the Department must develop and execute a plan to deal with all aspects of vacating a facility that has been in place nearly 150 years.

"It's a huge job," Jackson observed.

Jackson said the Department wants to continue to cooperate and work well with the University as plans are developed simultaneously. The two will be forever linked, of course, through the cemeteries and the museum.

"The preservation aspect is extremely important," Jackson concluded. "These are structures and parcels that will keep the historical perspectives alive, as well as the memories of all those people who lived and died at Bryce over the decades and centuries."

"Whatever else we do, we want to respect that."



"I've overcome more than most people ever even dream of" —

Bice keeps the faith, helps support her peers



"After all I've been through I still have some real trust issues," she said. "But now I have people who believe in me and I think I'm gonna' get there someday. You've got to have faith. You've got to be willing to take that chance."

Montgomery's Lynda Bice is another of Alabama's growing number of peer support specialists. Peer support specialists reflect the positive trend in mental health treatment that says no one can understand where

ever, few if any have hit more bumps, potholes and craters along the way than Lynda Bice.

"I was born in Montgomery but was raised in Elmore County," Bice said. "Although I eventually became involved in sports

and tried to do my best to make it in school, I just had too much working against me and eventually had to drop out."

Bice suffered the kind of abusive childhood that no young person should be made to endure. For starters, her family members fed her alcohol when she was just a baby.

"My whole family was into alcohol and drugs," she said. "They thought it was funny to make me drink and get drunk. They have pictures of me, drunk, holding drinks, when I was just two years old. It was rough all over. My father

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"My whole family was into alcohol and drugs," she said. "They thought it was funny to make me drink and get drunk. They have pictures of me, drunk, holding drinks, when I was just two years old. It was rough all over."

you are like someone who has already been there. As we have seen in past issues of *Listen*, several of these specialists have traveled long, hard roads to reach a place where they could help others. How-



left us when I was eight years old, and then I was sexually abused from then until I was 14. At that point I had been in all kinds of trouble already, and was diagnosed with bipolar schizophrenia. I had gotten into drugs and drinking myself by

"I quickly saw that I was not the baddest person in this place," she said. "I was placed in a small room with physical restraints. When they let me out I tried to escape. They caught me and there was a big fight so I got put in the padded cell with no clothes or anything. They slid my food under the door. Well, that got my attention."

then. I had made suicide attempts. I was angry. So I just ran away from home."

Bice said along the way she spent time at the Mental Health Center in Wetumpka, where they explained that her illness and behavior problems were both genetic and environmental. She was also in and out of the court system for the next couple of years for fighting and just general wildness. Then she was raped at age 16. Shortly thereafter she was committed to Bryce.

"I was in a foster family situation at the time," she recalled. "I was so full of rage, and at the same time I was suicidal.

There were some people in the system who really tried to help me but I just had too much anger. In particular, there was one family that really reached out to me. He was a major in the Air Force and he was being transferred to Japan. He wanted to take me with him but I was defiant. The rest of the family made a sacrifice. They said 'OK. We'll stay here with Lynda.' They cared that much. But about three months later I came home one night and tried to choke my foster mother to death. That was it. She said she had done all she could do and I was arrested and taken to Bryce."

The year was 1977. Lynda was placed in the adult ward.

"I quickly saw that I was not the baddest person in this place," she said. "I was placed in a small room with physical restraints. When they let me out I tried to escape. They caught me and there was a big fight so I got put in the padded cell with no clothes or anything. They slid my food under the door. Well, that got my attention."

Lynda began attending therapy sessions and behaving better, but did not let anyone get close to her. Six months later her father signed her release papers and she immediately ran away.

"I moved out onto the streets and jumped right back into drugs," Lynda said. "Pot. Heroin. Alcohol. Prescription and street drugs. It didn't matter. I stayed around Montgomery but I was living however and wherever, mainly in the downtown area."

After a couple of years on the streets, Lynda's mother got her a job at Russell Mills in Montgomery. She started as a machine operator, sewing sleeves on tee shirts. She knew she had to make a change if she wanted to keep on living and, with Russell's help, went into alcohol and drug treatment. She stayed sober for two years.

She ended up in a halfway house in Kansas, and was told that her bad environment back home must be avoided at any cost.

"I started working at a Hilton Inn in Kansas as a maid," she said. "That humbled me. I pretty quickly moved up to maintenance and then out of the halfway house and on my own. I sought counseling and therapy to address my mental health issues."

She had meanwhile earned her GED, and became involved with someone. She spent the next five years in Kansas.

"Once I started reflecting on what all I had done and coming to grips with my past, it was rough," she said. "I got into self-mutilation and cutting myself. But I was powerfully and fearlessly facing the facts."

Lynda left the Hilton Inn and got a high-paying job as a crew chief at a yacht-building firm. She said she spent some of her newfound money by getting back into drugs and alcohol.

"It was just so hard facing all the anger in my life and how unfair it all seemed. I was into sports. I was on a softball team. After the games I would go out for beers with the team and one thing just led to another. I got a different job, this time manufacturing PC boards, but after a year I made a decision to return to Montgomery."

Back in the South, Lynda became involved in another relationship. She took a job mopping floors at Winn Dixie and they told her if she wanted to move up – because she obviously had the talent and ability – she would need to sober up. Lynda ended up in Meadhaven under the care of Dr. David Harwood.

"He's my man," Lynda now says with a laugh. "I really brought him up. He worked with me while I was working for Winn Dixie for the next ten years. I was made an assistant manager, and then became a manager at Bruno's for five years and then at Wal Mart for three more years."

After all this time in the very demanding grocery business, Lynda was experiencing serious back problems which aggravated her mental health issues. She said she had trouble balancing her meds, even with Dr. Harwood's help. She felt

Continued on page 13

Whole health project launched at JBS



Peer support specialists at the JBS Mental Health Authority in Birmingham recently implemented a new “Whole Health Project” that combined two things very important in the lives of mental health consumers: peer support and personal health.

“We were introduced to this idea by Larry Fricks and Ike Powell, who are from Georgia and with the Appalachian Consulting Group. They had conducted a similar program there and were looking to establish a pilot program here in Alabama,” said Karen Fowler, Clinical Director of JBS. “Mike Autrey suggested

us as the pilot site, and we got started. It has turned out extremely well.”

The big idea was to get a group of consumers together and, with peer support and leadership, set goals to develop healthful lifestyles.

“The first thing we did was select a group of consumers from our residential day treatment program,” she said. “Larry and Ike led us through a two-day training session. They reviewed the concept of setting goals and talked about health issues and how those two go hand-in-hand. We all set long-term goals, and then focused on what we could do in an eight-week period.”

Under the leadership of Certified Peer Support Specialists Jon Brock and Jo Sherer, the group met once a week and followed a specific agenda.

“They evaluated whether the members had met the goals they set the previous week and, if not, explored the specific barriers that prevented them from reaching those goals. They would then either re-commit to their original goal, or choose a new goal for the coming week.”

Each group member kept logs of what exercise they did on a specific day, how much time was spent on the activity, and handed in the logs at the weekly meetings.

“We did not get down and specifically weigh people, for instance, to see if they were losing weight,” Fowler said. “We

were really more interested in seeing if they were having success working toward a goal and having peer specialists leading the charge, working as sponsors, as mentors, and in many ways as cheerleaders, encouraging them to develop discipline and work toward their goals. I felt that the whole project was real successful.”

Fowler said many of the participants actually did lose weight and improved their physical activity level. They also studied relaxation techniques. More importantly, everyone involved learned the importance of setting goals and working toward those goals.

“I was very excited to see the response of those who participated,” Fowler concluded. “There was just a real sense of camaraderie and supporting each other. And what was best for me was how Jo and Jon felt so strongly about developing leaders among our participants. They encouraged each person to really develop their own style and go through the agenda and work toward their goals. And they really did develop leaders.”

“After the eight weeks were over, the group continued to meet and they are encouraging others to come join them. Jo and Jon have put together another whole health group at the 1920 Club and they are taking it to other venues. To me, this is what peer support is all about and Jo and Jon are great examples of how this is supposed to work.”

Sherer explains the importance of ‘holistic health’

According to Jo Sherer, Certified Peer Support Specialist and co-leader of the Whole Health Project at JBS, peer support works in a unique way.

“The peer with whom we work knows we are equals,” she said. “We are consumers, too, and have been through what they have gone through. They know that we ourselves are into our recovery.”

She said in some ways peer support is like a 12-step program.

“A lot of people who understand AA know that a sponsor is someone who has walked the walk and can now talk the talk,” she said. “We are like this because of our experience. But we know that each peer is different. They are not supposed to be just like us. There is no ‘Big Book.’ We just help them choose their own paths.”

Sherer explained that Ike Powell, who led the initial training with Larry Fricks,



"It's about health, not illness"—

Brock emphasizes cooperation over competition

Jon Brock, a long-time Alabama mental health consumer advocate and a Certified Peer Support Specialist at JBS Mental Health Authority, helped lead the recent pilot project for the Whole Health Initiative. He said what appeals to him most about the project is what it is — not what it is not.

"For me, what is most valuable about this whole health program is that it is about health. It is not about illness or disease or sickness -- it's about health."

Brock also noted that it is a program that anyone can engage in, and take a lead role in improving his or her own health.

"Another great thing about Larry Fricks' program is that it gives you a lot of independence, yet at the same time it helps you connect with other people who are also trying to improve their health," Brock said. "You feel like you're working to improve your health with friends and companions rather than being in a contest. This program really does emphasize cooperation over competition. You're there to get better rather than see who can lose the most weight."

Brock noted that Fricks was motivated to develop this peer-run program because of studies that show that people with a psychiatric history tend to die 20 to 25 years younger than other people in the general population.

"Part of the problem," Brock said, "may be through the heavy use of medications that tend to make you overweight. Part of it may be that a lot of us do not do as many healthy things as we could do and do more unhealthy things than we should, such as smoking. I smoked for over 20 years and know that it was very hard to quit."

Brock went on to say that dietary habits among people with psychiatric histories also leave a lot to be desired.

"A lot of us who experience mental illness drink too many sugar drinks like Cokes and Mt. Dew's. Also, too many of us buy too many meals at fast food places. So in this program you saw a lot of people focusing on practicing better health habits in addition to exercising."

Brock said overall the program was a real success, as most people involved did



make efforts to change their health habits, exercise more, and lose weight.

"Since we can't always choose which pills we take and things like that, this program gives us a chance to have control over what we do, and really begin making moves in the right direction. I feel really good about this program."

Sherer

said the program is a conspiracy ... a good conspiracy.

"Once recovering individuals have learned to use all five steps for combating physical illness from metabolic syndrome and survive longer, they have also learned a way to achieve holistic health."

The five keys to success, according to Sherer, are:

- 1) Peer Centered Goals.
- 2) Weekly action plan.
- 3) Daily and weekly log — you write what you're doing.
- 4) Peer accountability — we don't lie about it.
- 5) Peer support group.

"Also keep in mind that there are seven parts to holistic health. Those are Physical, Mental, Emotional, Social, Civic, Fiscal, and Inspirational. Once consumers, peers, achieve holistic health, they can then handle each day with renewed skill."

Sherer said that if these health project methods could be used in public schools, they might reduce illness from bad health practices, decrease medical care costs via preventive medicine, and develop a healthier workforce that includes more individuals who have met the challenges of mental illness and substance abuse. And healthier people become more productive, enter the workforce, and become taxpayers. It's a holistic circle, so to speak, where everyone in a society benefits.

"If you want to do something it has to be your choice," Sherer said. "If you want to stop smoking or diet or exercise more, no one can tell you what to do. You've got to want it."

"The main thing we offer is mutual support as we succeed from week to week. In this program our self-esteem grows which is very important. When our group mem-

bers accomplish something with the help of other people, we all grow. Everyone sees we are not alone in our recovery, and we can help each other but not tell someone what to do like we were children."

Sherer said she isn't preaching; she is sharing what she learned by walking the walk.

"The hardest thing in my own recovery was learning to ask for help," she said. "I thought I had to do it all on my own. But if you decide to work together and still set your own goals, when you accomplish something you feel better about yourself and not like you were jumping through someone else's hoop. That helped my self-esteem. So a lot of social skills go into this as well."

"It's like Jon Brock tells me all the time. Let's treat each other like people and not like patients. That's what we're doing here and it really works."

Legislative Day

at the Statehouse

HUGE SUCCESS

From the "WINGS Across Alabama" Newsletter

After much planning and collaboration, hundreds of consumers and advocates met out front of the Alabama State House on a cold

January day to make their views known to the Alabama Legislature. The day began with appeals from various consumers

and stakeholders regarding the potential cuts in services that could occur if budgets are slashed as projected. Various legislators came and spoke to the group assuring them of their support.

Among those who spoke were Senator Zeb Little, Senate Majority Leader and Lt. Governor Jim Folsom. They, along with the others that spoke, understood the dilemmas faced by consumers who simply want services that will help them in their recovery and enable them to "give back" by becoming productive citizens in their communities. Following the series of meetings, those in attendance enjoyed a meal together under tents placed prominently on the lawn of the state Capitol.

After lunch, many consumers and advocates concluded the day by going back to the State House and visited with legislators in their offices.

"A very impressive day, with a wonderful turnout of all concerned. I really was impressed by the overflowing auditorium—that should make a real positive impression! Thanks to all involved."

Allen L. Stewart, Facility Director at Greil Hospital



"It has been said many time that POLITICS IS NOT A SPECTATOR SPORT. Yesterday we were all key players in that game."

Graham Champion, Public Strategies, LLC

"Yesterday reminded me of why I am here. The battle may be difficult at times, but it is well worth the fight."

Shannon Byrd, ADMH Office of Policy and Planning

"I really believe that the day made a difference! I speak for myself and the 1920 Club members; we are so proud of you! Thank you for your hard work!"

Vickey Pierson, Manager of the 1920 Club.

"We would like to say a special thank you to the Governor, House of Representatives, and Senators for allowing our voices to be heard regarding mental illness."

Greg Carlson, NAMI-Alabama President

her bi-polar and schizophrenia problems were getting the best of her so she took a leave of absence from Wal Mart.

"I never have been able to go back," she said. "That was ten years ago. Then my friend with whom I had the relationship died after I provided the respite care. It was almost like a lost year for me. And then my dad died five years ago. I provided respite care for him, too. That all took a lot out of me. After the funeral I went to Mental Health America. It was there that I met Paula Collins who saw potential in me. She helped me with my dyslexia. And it was there that I was introduced to my life's real calling: peer support."

"Paula talked me into becoming a candidate for the Peer Support Specialist at Shocco Springs. Mike Autrey of Consumer Relations led the retreat, along with some others. After that I began leading groups at MHA and I am now a Certified Peer Support Specialist. I still run group meetings at MHA and have recently got-

ten a part-time job in the Advocacy office here at the Department of Mental Health. In my job here I answer the hot line and talk to people who are having a crisis. I know how it is because I've been there a hundred times over."

"I also take calls from people at the state hospital who share their complaints with me. I can tell you that a lot of times it is

"It has been life changing for me," she said. "So many people have done so much. I feel like I've taken so many steps. I was baptized last Easter. I now know that everything is possible if you just believe and if you just take a chance."

Things aren't all sweetness and light for Lynda Bice, but she's doing her best to make her life work.

"I now know that everything is possible if you just believe and if you just take a chance."

just someone who needs a caring voice to talk to, and for someone to be their friend. They also want to hear my story. What they say matters a lot to me. It's sometimes hard not to take it home."

Peer support is the best thing Lynda has found since she gave up on her adictions.

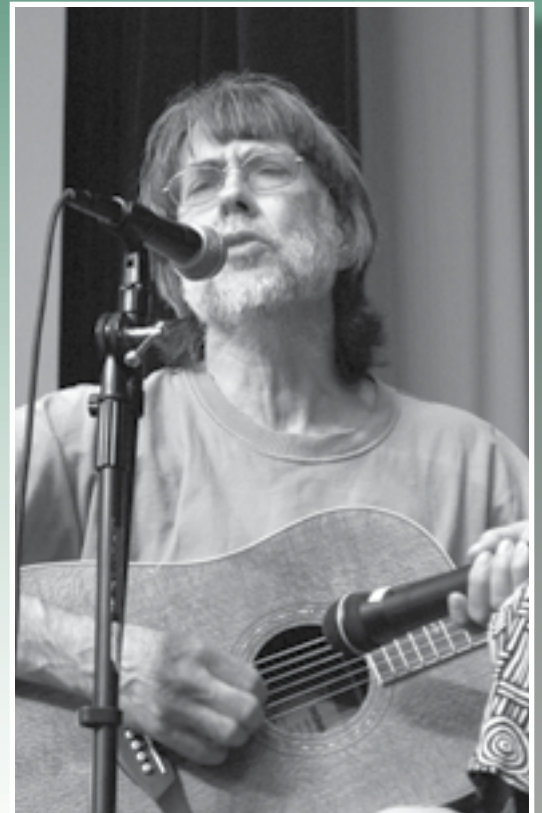
"After all I've been through I still have some real trust issues," she said. "But now I have people who believe in me and I think I'm gonna' get there someday. You've got to have faith. You've got to be willing to take that chance."

"I really believe my life is just starting. And that's a wonderful feeling to have."

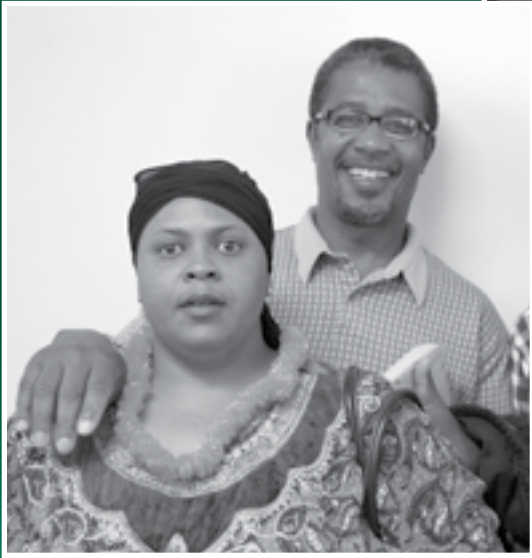
Commissioner John Houston comments on the sale of Bryce Hospital

"I am pleased that the department has the opportunity to move forward with its plans to build a new hospital and provide more services in communities across the state. I am grateful to our staff, former Commissioner Kathy Sawyer, and all of the people who worked diligently to bring this historic event to fruition. Our goal has always been to put patient care first and provide for the future needs of the system with respect to advancing the quality and quantity of services now provided at Bryce through a new hospital and expanded community services. Governor Riley has been a strong advocate for that. It is reassuring to see the university's commitment to respect the rich history of Bryce Hospital and incorporate aspects of that history into its future use of the property. We have been neighbors since 1861 and over the years the university and Bryce Hospital have interacted culturally, educationally and at times programmatically. Many of the schools of the university, such as Social Work, Nursing, Psychology and Law teach subject matter related to the mission of the department. Hopefully, with the acquisition of Bryce, these relationships can be strengthened and future partnerships will become even stronger."

RECOVERY CONFERENCE 20



10 WELLNESS: MIND AND BODY



Photos by Susan Brady

RECOVERY CONFERENCE 20



10 WELLNESS: MIND AND BODY



Wellness: Mind and Body

"He who has health has hope, and he who has hope has everything."

—Arabic proverb

The 18th annual Alabama Recovery Conference—Wellness: Mind and Body—was held April 20-22 at Shocco Springs near Talladega in the foothills of the Appalachian Mountains. The turnout was awesome, the weather was gorgeous, and the theme was most appropriate.

The conference began with welcoming remarks from Commissioner John Houston and several consumer advocates and leaders from around the state. The opening ceremony was highlighted by the presentation of the RESPECT Awards. The RESPECT Award recognizes caregivers, friends, consumers and family members around the state who consistently display respect -- in all its enriching, endearing, and enduring forms -- towards consumers. This year's winners are listed in this issue.

Following a delicious dinner in the Shocco Springs cafeteria, which over the years have caused many consumers to brag about the delicious meals, was the annual Talent Show. With nearly 100 participants, the Talent Show was as usual a raucous, rowdy, and fun-filled event. This year's event was again hosted by comedienne, piano player and perspicacious personality Hazel Moore. See more on the Talent Show, including the five-star Gospel concert that broke out at the show's midnight conclusion, in a related story in this issue.

Breakfast came early for those who hung around, but was worth it when the conference-goers heard from Dr. Thomas Bornemann, Director of Mental Health Programs at the Carter Center in Atlanta. Dr. Bornemann described the Carter Center as a small program with a large reach. He explained his mission, in keeping with the conference theme, by citing an Arabic Proverb: "He who has health has hope, and he who has hope has everything."



More on Dr. Bornemann's program is also included in this issue.

Following a brief break, those in attendance enjoyed a presentation by the Department's own Medical Director, Dr. Richard Powers. His discussion of health care initiatives undertaken by the Department over the past year is also included in a related story in this issue.

A series of concurrent workshops followed lunch, where conference goers had opportunities to learn more about art, healthcare, unique mental health therapies such as ballroom dancing, deafness, advocacy organizations, and many other things paramount to wellness in both the mind and body.

In addition to the plenary sessions and workshops, there were also a number of events that ran throughout the conference. A health fair and health screening was ongoing next to the chapel, where consumers could get free checkups, blood pressure exams, health advice, smoking cessation, diet, ask the pharmacist, and associated services. Hundreds of consumers took advantage of that great opportunity, which was sponsored by Pfizer Pharmaceuticals. The Advocacy office sponsored a hospitality room that was wildly popular, with its island luau

theme and free yard sale event. Everyone at the conference it seemed made their way to that event. The Visionary Guild had a display table, and WINGS and NAMI Birmingham also hosted drop in centers with gifts and activities, so there was never a lack of anything to do.

An Alabama Peer Specialist Association meeting preceded dinner on Wednesday, after which all in attendance were invited to the top of the hill at the Stephens Activity Center for the memorial candlelight vigil, and watermelon social followed by the dance.

Those who were still left standing after all these events enjoyed an early morning breakfast before attending the final plenary session which included a panel discussion led by Alabama's statewide consumer organization, WINGS. This discussion, as was the case with all the other plenary sessions, included the awarding of door prizes.

After a final fulfilling lunch, participants packed it into vans, cars, and buses to head for home and wait till next year.

Thank you WINGS, Department of Mental Health, Directions Council, Peer Specialists Association, and Office of Consumer Relations for sponsoring another wonderful time together at Shocco.

So, until next year, here's to your health!

2010 RESPECT Awards

DANNY HALL, Bus Driver, Mental Healthcare of Cullman

MELISSA HILEY, Court Advocate and Coordinator for Judge Ruth Ann Hall. Madison County Courthouse, Huntsville

HAZEL MOORE, NAMI VP, Jacksonville, Ala.

JAMERSON BAKER, Day Treatment Staff, 40/40 Madison County

ANDREA WILLIAMS, Executive Director, Eighth Street Group Home, Huntsville

DAWN PRICE, Office Manager, East Alabama Mental Health, Opelika

DORIS HOLMES, IDT Director, Cheaha Mental Health, Sylacauga

DR. JAMES WALL, Dentist, Huntsville

KRISTI MYRICKS, Day Treatment Coordinator, JBS Mental Health Authority, Birmingham

LORI BETHUNE, Program Director, Lee County ADS, Opelika

KATHLEEN MILLER, Psychiatric Nurse, RN, NE Ala Regional Medical Center, Anniston

LYNDA BICE, Advocate/Peer Support Specialist, Central Office, Montgomery

BRENDA EVANS, Consumer Specialist, NW Ala MHC, Hamilton

BARBARA TIDMORE, Court Liaison, Taylor Hardin SMF, Tuscaloosa

GLENDA WILSON, Mental Health Worker I, Bryce Hospital, Tuscaloosa

DR. JAMES REEDER, Volunteer, Our Place

CATHY FLEMING, Group Coordinator, Athens Limestone Counseling Center

LILLIAN BUTLER, Volunteer and Advisor, Vocational Rehab Center, Decatur



Bornemann explores link between mental health and primary care



Dr. Thomas Bornemann

Dr. Thomas Bornemann, Director of Mental Health Programs at the Carter Center in Atlanta and the man who helped develop the first-ever Surgeon General's Report on Mental Health, addressed the first plenary session Wednesday morning at the 2010 Recovery Conference. Dr. Bornemann has an extensive resume relating to his work in public mental health, and has a unique interest in humanitarian assistance in refugee and disaster situations. His lifelong focus, however, is the importance of integrating mental health care into the larger public health arena. That was the main focus in his plenary address.

Dr. Bornemann was introduced by Joel Slack, founding director of the Office of Consumer Relations. Slack said Dr. Bornemann has had real success bringing people together and shaping policy that is good for consumers, and that he himself has been shaped by this style of leadership. He said Bornemann has been a huge part of his life, both personally and professionally, and that he wouldn't be here without him.

Dr. Bornemann began his address by saying that Slack's RESPECT seminar changed his way of doing things – for the better. Bornemann, who directs mental health programs at the Carter Center, said it is a small program with a big reach, thanks largely to the continuing influence and integrity of its founders, Jimmy and Rosalyn Carter.

"This is a dire fiscal time for health services," he began. "We must be vigilant. But we must also be hopeful. Please remember the Arabic proverb that states he who has health has hope, and he who has hope has everything."

Dr. Bornemann explained the various Carter Center programs, emphasizing its domestic work although it has had small mental health programs as well in Romania and South Africa. He also illustrated the huge impact its Fellowships in Mental Health Journalism has had on the public consciousness with various books, newspaper series, and documentaries that have raised awareness and led to policy changes.

"I spend my time on mental health issues," he said. "We host a huge annual symposium at the Carter Center to encourage leaders to go beyond learning and feeling good and see that what we do is translated into action in the community."

He also emphasized the importance of integrating mental health treatment into primary care.

"The two should not be separate," he said. "We focused on that idea at a Carter Center summit and the leaders who were there from primary care really got it. Primary and behavioral health care delivery should be seamless. A chronic illness is often paired with a mental illness. It's still early, but we're starting to see some real cooperation in that area."

Dr. Bornemann pointed out that the World Health Organization ranked the U.S. healthcare system 37th in the world.

"All of our top flight health care is not getting to all of our people," he said. "To do this we need to get an integrated primary care system. We have a shortage of psychiatrists – at an average age of 57! – as well as primary care and pediatric physicians. We've got to find ways to send medical students into these areas."

After exploring mental health issues abroad – particularly in the wake of Liberia's protracted civil war – Dr. Bornemann discussed issues right here at home; namely, Georgia's deteriorating health care system.

"We are the ninth largest state in the

Union," Bornemann said. "But money has been milked from our system. We are in big trouble. The *Atlanta Journal Constitution* ran a series of 22 articles that outlined 136 suspicious deaths in state mental hospitals. Without these articles and the follow up work we wouldn't be in reform. The Department of Justice came in and found egregious civil rights violations but there was still no hue and cry so the Carter Center became involved."

In a long and complicated series of events that eventually involved sheriffs, the Georgia Hospital Association, various probate judges from around the state, and emergency room physicians, lots of parties offered insight that helped the Center gain Friend of the Court status. They learned that Georgia has more admissions to psychiatric hospitals than any other state.

"We were just recycling patients," Bornemann said. "The system was not working. Georgia was home to the *Olmstead* decision – which says patients should be discharged in a timely manner to appropriate places – but we still had no *Olmstead* plan! We suggested discharging patients to community services that work instead of just shelters and cars and then recycling them over and over. We're still a long way from resolving this problem but we are in good discussions. We got new money. We're not out of the woods yet, but our activists are activated."

Dr. Bornemann reminded conference goers of the words of Walter Cronkite: "America's health care system is neither healthy, caring, nor a system."

Dr. Bornemann concluded his presentation by reviewing the "big picture" of national health care reform.

"There will be some tough discussions coming up about how to finance these changes – such as mental health and substance abuse care being part of the reform package, parity, and pre-existing conditions, which is huge for our community – but it is a way to start the discussion. This is not a panacea but it is a beginning. So let's all work together to be part of the solution."

Powers outlines move toward whole health

Dr. Richard Powers is the Medical Director for the Alabama Department of Mental Health, a geriatric psychiatrist and a neuropathologist. He has been a primary mover in the Department's overall "mind and body" health focus. He addressed a plenary session of the 2010 Recovery Conference to go over those efforts and why he thinks they are important.

"I'd like to start by thanking you for the invitation," Powers said. "I know the most important aspect of my speaking role here today: don't stand in the way of lunch."

Dr. Powers explained the health care events that have transpired within the Department over the past year.

"First, we have begun having our doctors do *medical* exams for new patients before going into the mental health aspects," he said. "Before anyone is sent to a state psychiatric hospital, they will first get a thorough medical exam."

"In another move toward whole health, we have also declared all of our hospitals to be smoke free. Smoking cessation is one of several fixable problems of lost longevity that is part of our Alive for 25 theme, which reflects that Americans with serious mental illnesses die 25 years earlier than do Americans on average."

Powers emphasized that health care is a right, and not a privilege.

"A lot of money is spent in Alabama and across the country on health care," he said. "What we are doing now is promoting overall health – mind and body, like the theme of your conference. There is no recovery from mental illness without overall physical health."

Commissioner John Houston created the position of ADMH Medical Director so the Department could provide the best overall medical care possible in the fields of intellectual disabilities, substance abuse, and mental health care.

Dr. Powers continued by explaining several of the fine points of the terms he was using in his address such as Primary Care Provider (PCP), to whom he said

patients should feel free to ask questions about their health; Federally Qualified Health Center (FQHC) which he said we'd hear a lot more about in the near future, as these centers will treat people who formerly had no insurance; and he also explained the difference between a nurse practitioner and a physician's assistant.

"In terms of our 'Alive for 25' program, we think that all of those morbidity aspects are preventable," he said. "The primary components are smoking cessation – or breaking the nicotine addiction which I know is very difficult, communicating with your doctor about both your physical and mental health issues, and making healthy life choices as they relate to things such as exercise and diet. Working just in these areas we can prevent many of the chronic illnesses that shorten the lives of our people."

Dr. Powers acknowledged there are very real obstacles to overcome.

"Many of our younger people are being diagnosed with bipolar, schizophrenia and other illnesses," he said. "The medications we prescribe to treat these illnesses can certainly contribute to health problems. We want to help these kids early on. But adults, we want to help you too by taking control of weight, which leads to diabetes, and quitting smoking. These are choices that can eliminate chronic health problems."

"There are lots of misconceptions about mental health consumers out there," Powers said. "Many people think they don't know or care about their health. But we know that consumers *hate* the Emergency Department. They don't want to be there. And the Emergency Department, by the way, is the worst place of all to get primary care."

Of persons receiving Medicaid care, a survey revealed that 70 percent of persons with a serious mental illness also have a chronic health problem; half of them have two chronic health problems; and 42 percent have limited function based on their physical health.

"These are the people in Club Metabolique," Powers explained. "This metabolic syndrome includes abdominal obesity (over 40 inches in men / 35 inches in women); reduced HDL issues ('good cholesterol' of 40 mg/dl or below); Triglyceride levels above 150; and 'Fasting blood sugar (glucose) issues' equal to or higher than 100 mg/dL."

Metabolic syndrome can easily be found on the web using Google. Pamphlets are also available at health centers and doctors' offices.

"A combination of these can cause serious heart problems among other things, but this syndrome is also related to dementia. The easiest ways to prevent the syndrome, or improve your situation, is to lose weight, exercise, eat a healthy diet, and stop smoking. Among people with mental illness there is more obesity and more hypertension."

A lot of people, according to Dr. Powers, have questions about the role of medications in causing chronic health problems.

"Take your medications," he said. "Take them because there is a good risk-benefit ratio. We used to have a lot more sudden deaths before we had the meds. Just control your risk factors with diet and exercise, but take your meds as prescribed."

He went on to explain that our failure to treat people in primary care is very bad for our nation's economy. We make way too many trips to the Emergency Department. He added that Alabama has the lowest ratio of psychiatrists to population in the country; for every 100,000 people in our state there are fewer than eight psychiatrists.

"Board certification issues are keeping psychiatrists out of Alabama," is how Powers politely chose to explain this problem.

He concluded his message by reemphasizing that many health problems that are dragging down our people are preventable and can be fixed.

"The bad news is that we have low life expectancy. The good news is that it can be fixed."

You had to be there to believe it—

Talent Show ends on a real high note

The Talent Show has for years and years been a central part of the annual Recovery Conference. Over 100 people sign up and participate, though sometimes people lose their place in line when they aren't in the Chapel when their name is called. It's always a long show and people must be patient if they want to participate.

Also, as we see every year, if you're not in the room at the right time you might miss something you may never see again. That was maybe more true this year than ever before.

There have been some terrific emcees over the years, going back to Joel Slack and Mike Autrey, Sam Schillaci and Geneva McManus, but the irrepressible Hazel Moore, who could easily pass for Minnie Pearl at the Grand Old Opry, is carrying on a great tradition. A funny and fun-loving person, Hazel is also a fantastic honky tonk piano player, and can jump in there with any Gospel singers who need some chords pounding along with their vocals. She also tells some pretty good jokes between acts, to say nothing of keeping order in a raucous and unruly room.

Hazel started the show, as she did last year, with a killer piano number to get everyone feeling good, and then introduced perennial conference-goer Melissa Wingard who belted out a Garth Brooks number about Unanswered Prayers. Melissa was definitely fired up to be first in line. She was followed up by Annette Zeigler who recited the 23rd Psalm. Bruce Cherry came next singing "I Wrote The Songs" and then things got turned up a notch with Chris Belser's cover of Prince's classic "Party Like It's 1999."

Joe Faught told the assembly that his house burned down this year and the poem he read, "Bright Day In The Sun," was the first he had written since that traumatic event. The poem's refrain, as best as we remember, was how "The race

for heaven has just begun." Joe is a fine poet and it's always good to hear from him.

Terry Waldrop jumped up next and sang "I'll Fly Away" while everyone in the audience clapped and flapped along like they might indeed fly away right then and there. Heather Hammond kept things in the Gospel vein with "Amazing Grace." Hazel accompanied Heather,



helping her make a joyful noise.

Angie Tucker, talking to all the people about grits and chitlins, belted out "Sweet Home Alabama," creating a total rock and roll scene that had everyone jumping and jiving.

Hazel jumped in with some Hee Haw humor before introducing Margaret Forrest who sang an arietta, or a short aria from an opera ("Pieta"). It was something

new and it definitely wowed the crowd. This was the first real sign that you'd better not leave your seat because you never knew what might happen next.

Helen Bishop came on next singing "The Sounds of Silence." Frances Lundquist did a unique ventriloquist act with her puppet partner, Joe Cool, and Darlene Berry sang out the Lord's Prayer in a way that brought the whole place to its feet, cheering.

George Higginbotham, another perennial performer, cranked out his long slow guitar chords while singing a long hard road song he wrote himself. Rachel Wells sang a nice rhythmic song about a two-timing small-town creep with a twist at the end called "White Liar." She was followed by Nancy Bennett who sat down at the piano and dedicated a song to her husband Brian in recognition of their 20th wedding anniversary. Everyone shouted out the chorus of this great Aretha Franklin / Carole King number because it sounded so good: "You make me feel like a natural woman!"

Again. Learn your lesson. Don't leave the chapel or you might lose the chance to see something great.

Speaking of great, Steve Sedberry, as he did last year, brought out his guitar and shared more of his current life's mission: putting the words of Scripture to music. He was just awesome. His strumming is so clean and his voice is clear like a bell. The Beatitudes, from Matthew 5, of course contains some of the greatest poetry and words of wisdom in any language from any time. Again, this was a real light into the major talent that can shine unexpectedly at Shocco Springs.

Agetha Dotson kept things in the meditative mood with her "Daily Prayer" and Rodney Burrell stayed positive with his song "My Ship Is Coming In." Teresa Pruett came next with a real personal kind of altar call ("I come to thee") and Mary Dolberry sustained the mood with

her classic version of Gospel, "If I Could Just Touch The Hem of His Garment." This song of course reflects her vision of another way we can be whole and have wellness in mind and body.

Jill Philips changed the mood with an enthusiastic version of "God Must Have Spent a Little Extra Time on You" and she managed to get her fan club up on its feet.

Nell Hallmark blew a few cheerful notes on her harmonica before Ruby Motley sang out a song for herself and her son, "God Gave Us a Vision."

John Junior Cook brought on his strong voice next to sing "Rain Rain." It did not go unnoticed as his people were clapping and singing. Jackie Gill then rattled the rafters with her good voice on "Precious Lord." Both John Junior and Jackie were from the Mental Health Center of Madison County. Sounds like they have a good time up there singing!

Deandra Garner sang a long kind of rap number that told everyone that since she has Christ in her heart she don't worry 'bout what others say.

Steve Pendergrass is another one of those performers that folks just look forward to seeing, and he is just as popular as a dedicated consumer leader in our state. Steve sang one that he said he wrote two years ago at Shocco called "Friends." The song had a real nice smooth chord progression with a lyric that reminded us that "the stories I hear are my story" and he also emphasized that he "believes in God's love." Steve is a steady talent with a strong message.

Mary McPhillips followed with a monkey joke and Shirley Crockett recited her "Wild Horses" poem. Annette Quinnie then staged what could only be called a West Alabama Fashion Show with a little help from her friends.

Brenda Carson came next, and made a really sweet tribute to her mother, who passed away recently. Wyndee Walker, who used to sing professionally in New Orleans, then sang her original composition "Small Town," a narrative of Sara and Tommy and love leaving in this world of lies. Marsha Brand added her long, lyrical original poem "Mental Illness is Here To Stay" (though it never stays the same). Denise Salvage sang "You Gave Me Love When Nobody Gave Me a Prayer" and

Trenna Preer threw in like a real pro with a great vocal performance.

Rebekah Stober came next, accompanied by her friend Steve Sedberry on guitar, and sang Patsy Cline's "Crazy," a great song written back in the day by Willie Nelson. She was pretty awesome and really got the crowd on its feet.

Ashley Varner upped the tempo when she sang "Put On A Happy Face" and then Natalie Gibson started rocking with a strong back beat and it was hard to obey the Shocco Chapel "No Dancing" rule, but the crowd, thinning out now, did its best to comply. Austin Bradley and Travis Jernigan set off on a long rap about "God Is Great" before Ron Quick sang the National Anthem in honor of the vets.

And that's when everything changed.

Conference newcomers Minister Leonard "L.A." King and his wife, Minister Debbie King, both of Selma, busted onto the stage with a boatload of energy. Minister L.A. had the loud voice of a Baptist minister. With both of them singing and he banging the piano – like a Baptist choir leader – they set fire to "We Are The World." No one could believe what they were hearing. It was more than a roof ratter. It was like being in the Stax Studios in Memphis in the 1960s. It was unbelievable. The only bad thing was that few people were still around at this late hour to hear it -- because you had to be there to believe it.

When they powered off the stage everyone was so sorry that it was over. But it wasn't over.

Sherry Holman and Bob Kerr followed bravely. Kerr's story to go with his song – "Be Thou My Vision" – was especially poignant. Charles Cotton sang an R&B hymn of praise to his babe, as Benjamin Phillips followed up with a nice slow country number.

Rob Williams slung it out full blast with his electric guitar and props, singing from the back of the room to the front. He was pretty outrageous and got a lot of support. Vickie Oehmen then added her nice high voice on "Dreams," the classic Fleetwood Mac number.

The night's schedule ended – late – when Sandra Norred sang "Who Am I (That A King Would Die For Me)" and "The Old

Rugged Cross" in her nice sweet tones.

But the schedule is sometimes amended. Hazel Moore had already jumped in there on Sandra's last number when out of the crowd came Annie Sayas, henceforth known as The Night Nurse, a piano playing machine who by day works as an LPN at Searcy Hospital. Annie and Hazel sat down at the keys, ebony and ivory, tying their talents together and simultaneously singing out to lead the thin but now totally energized crowd in a rousing rendition of "I Want You To Help Me!"

All of a sudden we were back in Memphis, in the Stax Studios, in the 1960s. It was like we had Aretha Franklin and Carole King working together as a Girl Gospel Group. And this easily could have been the best finale ever -- ever -- at a Recovery Conference Talent Show. Except it wasn't the finale.

Ministers L.A. and Debbie King came back to join Hazel and Annie. Steve Sed-

When they powered off the stage everyone was so sorry that it was over. But it wasn't over.

berry jumped in, followed by his young friend Rebekah Stober. Stax Studios was famous for the way its house band, Booker T. and the MGs, laid down a beat for the greats of the day. It was Otis Redding, Isaac Hayes, Carla Thomas, all the greats, backed by the Memphis Group who focused on the music.

When the Ministers came on stage, the Memphis Sound was back. With a totally hot choir (Steve, Annie, Rebekah, Hazel and Debbie) backing Minister L.A. on piano, those who hung late saw a flat-out Gospel Explosion. The song was "He Lives!" but it was way more than the song. Mid-way through the number, Memphis detoured north to Detroit and we were in church with the Rev. C.L. Franklin, with Aretha and Mahalia Jackson and Isaac Hayes all working together. Whoa man!

There is no other way to say it. It transcended anything anyone there had ever seen. Shocco is a Baptist camp, and this was Baptist music. Good soul music that was good for the soul.

We've always felt God's presence at Shocco. This time He got to hear music that was fit for The King. Amen!





Ministers L.A. and Debbie King light up Shocco show



If you were lucky enough to be hanging around the Shocco Springs Chapel late on the first night of the Recovery Conference, you heard some really great music. Playing piano was Minister Leonard "L.A." King and his wife, Minister Debbie King, joined him on vocals. They kicked it off together with "We Are The World" and anchored an encore with other talented performers at the end of the night.

"We have a family ministry here in Selma that we are getting started," King said recently. "It's me and my wife, our son and two daughters, a granddaughter and my mother and father. Mom and dad have been behind me 100 percent as I am starting to turn my life around with the help of the Lord."

Leonard and Debbie have been married for 14 years.

"I met her at church where I saw her

singing," he recalled. "I was mad at God because I was 33 years old and was not yet married. Three weeks later we were married. It didn't start as a bed of roses and we've certainly had our ups and downs. I have been diagnosed as bipolar although she is healthy. I am a consumer at Cahaba and I thank God for sending her to me and me to Cahaba. Thank God she is still my soul mate. And thank God we had two children together."

King said their children want to become ministers of the Gospel, for which he rejoices. But King admits his journey toward health and salvation has been a long one.

"When I was six years old my grandmother let me play on her piano," King said. "I was growing up in Selma and she wouldn't let anyone stop me and that turned into something soon. She bought an organ and we began to play together. That went on six years. By the time I was 13 I was playing at a church but my mom was handling five kids and before I knew it I got into the blues and rock and roll. I was "The Leonard King One Man Band and Show." I had a drum machine and a Fender Rhodes keyboard. That's all I needed to hit the road and play in clubs and roadhouses all over the Black Belt and north to Atlanta. Marvin Gaye, Michael Jackson, BB King, Stevie Wonder, Lionel Richie. I'd just wait by the radio until their songs came on and I learned more and more. All I needed was to hear the song a few times and I could play it."

Times were high, and King said he gave in to temptation.

"In that environment I dipped into drugs and alcohol and weed, and then I was shooting up crack and anything else I found. I got lost. But in 1984 I found myself like the Prodigal Son that Jesus tells about. I was welcomed home like the lost sheep I was. There will always be those who resent what I've done and will never forget. I've relapsed many times and been in and out of jail and prison over two dozen times. In fact I've gotten out of jail just four months ago, as I announced

in one of the sessions at the Recovery Conference. It was never anything violent. Usually petty theft, or breaking into a car for drug money. Even today I struggle hard. I'm working to trust in the Lord and I thank God every day for my family and all they do to help me."

"Our ministry is in the next stage of glory," he said. "We are in a good church, the Potter's Place. We don't know what stage our ministry will have next, but we're not eager. We're gonna' let God open the door. We've made mistakes when we tried to open our own doors. So we must trust God. But my wife is going to preach tonight so that will be a blessing."

King has stories that would fill a book. His family is very active yet faced with serious challenges. He takes pride in his son's public speaking accomplishments, and how his wife is helping him grow musically.

"My wife was a quartet singer and she converted me, though I thought I never would. I even play a little bluegrass now. She is a talented cosmetologist and works hard to help support us. Again, let me say, thank God for her and for my whole family."

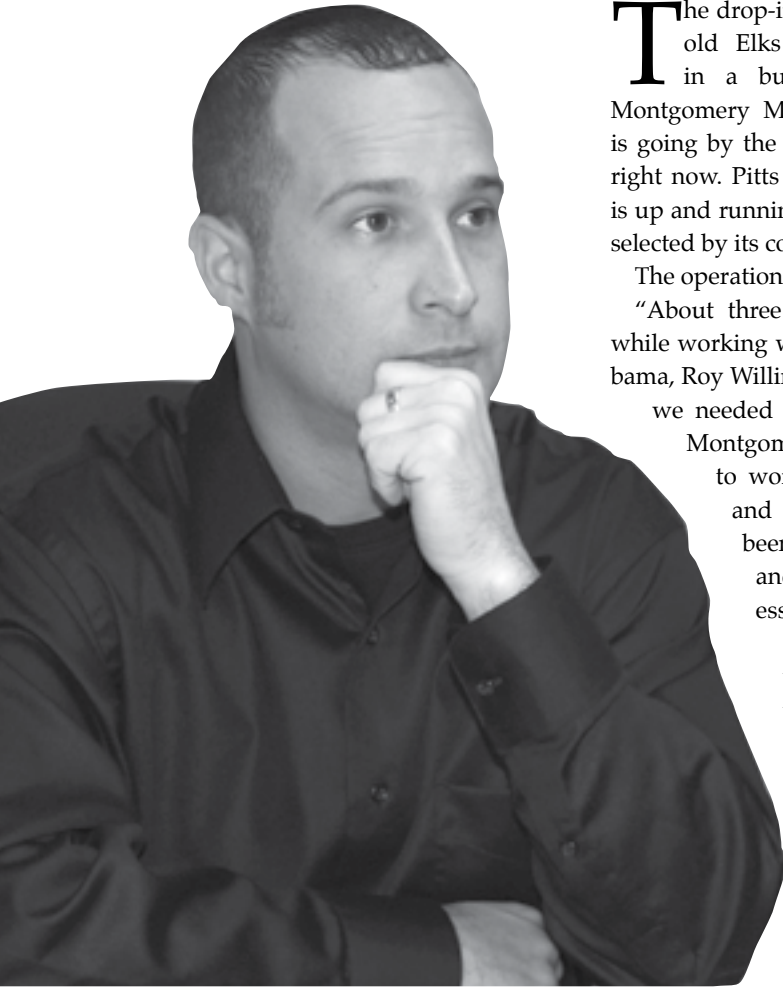
Minister L.A. King said the Recovery Conference at Shocco Springs, which he learned about through the Cahaba Mental Health Center, was enriching for both him and for his wife.

"We learned a lot from the speeches about federal and local mental health policies. It sounds like mental health will get some support as part of health care reform. But it was more than just the speeches. It was a phenomenal experience everywhere we went. No TV was there so we could come back and talk about what was said. It was a place that allowed us to get closer. We really felt the love and support we had from the people we met there. We enjoyed the watermelons and were even able to bring one back to my mom and dad. And the dance was awesome! We're just looking forward to next year."



Drop-in Center

Opening in Capital City



Daniel Pitts, consumer advocate and certified peer specialist

After more than three years of dreams, plans and lots and lots of hard work, a new consumer drop-in center is open in Montgomery, according to Daniel Pitts, a consumer advocate and certified peer specialist.

"We have completed all the necessary inspections and everything so the property is in good shape," he said. "We are now ready to hire a director and get this thing opened. We've 'done ran the mile,' so to speak," he added with a laugh.

The drop-in center, which is on the old Elks campus in Chisholm, in a building owned by the Montgomery Mental Health Authority, is going by the name of Clearview, Inc. right now. Pitts said once the operation is up and running the final name will be selected by its consumer members.

The operation has a long history.

"About three and a half years ago, while working with WINGS Across Alabama, Roy Willingham shot the idea that we needed a drop-in center in the Montgomery area. So I just went to work on it. In the months and years since then I have been looking for a building and trying to raise the necessary operational funds."

Pitts said a great breakthrough came when the Montgomery Mental Health Authority signed a lease, allowing its building to be used for this purpose rent-free.

"We went around to stores and businesses seeking donations, and WSFA-TV came out and did a story

on us," Pitts said. "We had an open house and even got a little state funding. I've done a lot of work out there myself. I've got the gym back open and am just trying to make the campus be all it can be. First Baptist Church helped a lot with the gym, called the Nehemiah Center, and we are running a GED class out there."

A drop-in center is a place for mental health consumers to come and engage in a variety of activities. The center, like most drop-in centers in Alabama, is consumer run. There are the usual arts and crafts and leisure activities as well as real

"We're really excited about this unique opportunity for Montgomery-area consumers," Pitts said.

"And there are several people and organizations I need to thank. I can't detail what all of these people did because they did so much. But I especially want to recognize the contributions of First Baptist Church of Montgomery, the Montgomery Mental Health Authority, the Alabama Department of Mental Health, Judge Will O'Rear, Graham Champion, Linda Champion, and Pat Cobb."

opportunities for fitness activities since there is lots of outdoor space and a gym. They are looking hard for donations of music and video equipment, pool tables, and other electronic and recreational items.

"We're really excited about this unique opportunity for Montgomery-area consumers," Pitts said. "And there are several people and organizations I need to thank. I can't detail what all of these people did because they did so much. But I especially want to recognize the contributions of First Baptist Church of Montgomery, the Montgomery Mental Health Authority, the Alabama Department of Mental Health, Judge Will O'Rear, Graham Champion, Linda Champion, and Pat Cobb."

"These are all great allies, board members, and just the people who keep us going. Thanks to you all. We wouldn't be here without you!"



Consumers Recognized *for Volunteerism*

It has been six months since Christmas and many of us might find it difficult to even remember what we were able to accomplish during the rush of the holiday season. On May 17, 2010, the consumers of the University of Alabama at Birmingham (UAB) Engel Adult Day Treatment Program received a nice reminder of what they accomplished when they were awarded the 2009-2010 Volunteer Group of the Year by the Salvation Army. This award is in recognition of each consumer's outstanding service and commitment to help others.

For the last nine years, consumers and staff from Engel have participated in the annual Angel tree Christmas activity in

Birmingham. It began as an opportunity for the consumers to provide a service to their community and over the years, become an avenue to educate others regarding mental illness.

With popular Christmas carols playing in the background, each consumer worked side by side with other community volunteers to quickly transform the empty warehouse into Santa's Workshop. No matter what the assignment, the consumers were always eager to lend a helping hand. From the first days of sweeping floors and assembling boxes to the last days of organizing and filling the requests of each "Angel," the consumers were there to ensure that Christmas

would be a joyful time for all.

Each year, the comments made by the consumers of Engel have a common theme: "I feel good knowing that I have been able to help other people." This experience has encouraged several of the consumers to volunteer their time to other community projects. As one consumer said: "Every time I go out and volunteer, I know I'm doing my part to reduce the stigma of mental illness."

Submitted by Adrienne Thompson
Coordinator, Engel Day Treatment
UAB Community Psychiatry Program

Earvie Gandy, advocate at Greil Hospital, wins the Eagle Award

FROM THE ALABAMA MINORITY CONSUMER COUNCIL



Support Groups & Consumer Advocacy Organizations

Statewide

Wings Across Alabama
P.O. Box 211286
Montgomery, AL 36121
(334) 395-7616 or
Toll Free: 888-WINGSAL(946-4725)

The Visionary Guild for Mentally Ill Artists

Sylvia Richey, President
c/o Carole Eskridge, Foundress
For information Call
(334) 703-3853 OR (256) 429-8697

Alabama Minority Consumer Council

Steve Bison, President
(256) 566-3818

Alabama Peer Specialist Association (APSA)

Jon Brock, President
For information contact Shirley Thaler (256) 694-1966

Region I

Albertville Soul Survivors

Yvonne Jones, President
Meets Thursdays 6:00 PM
615 Half Section Line Rd.
Campbell Courts
Albertville, AL 35950
(256) 891-9883

Anniston Emotions Anonymous

c/o Roy Chisam, President
Meets Monday-Thursday 9:00-10:00 AM
Calhoun-Cleburne MHC
(256) 237-3796

Anniston NAMI Connection

Contact Sara Parfait (256) 276-8834 or
Hazel Moore @ 256-831-7165
Meets Thursdays 2:00 PM
The Galley in The Tyler Center
731 Leighton Ave, Anniston
Saraparfait@bellsouth.net

Athens Consumer Outreach

Steve Pendergrass, President
Meets 2nd Tuesdays at 12:00 noon
Athens-Limestone Counseling Center
1307 E. Elm St., Athens, AL
For more info call Steve at (256) 771-1613

Boaz Angels Outreach

Ann Jenkins, President
Meets 3rd Thursdays at 11:00 AM
Boaz, AL 35957
(256) 593-2374

Cullman R.E.S.T.T.

Nancy Jester, President
Meets 3rd Friday at 1521 McNabb
Cullman, AL 35055
For additional info call Nancy (256) 347-4008

Cullman Wallace Support Group

Roberta Armstrong, President
Meets 2nd & 4th Thursday at 6:30 PM
Wallace State Community College
81 Main St. NW, Hanceville, AL
Tom Beville Building, Room 608
(256) 734-8169

Decatur DBSA Morgan County

c/o Sue Brantley
MHA in Morgan County
(256) 353-1160
Meets 2nd & 4th Thursday at 6:30 PM
MHA Office 207 Commerce Circle SW
Decatur, AL 35602

Decatur The Serenity Group

Elizabeth Volonino, President
Meets 3rd Wednesdays at 10:00 AM
North Central MHC
4110 Highway 31 S., Decatur, AL
(256) 355-5548

Florence Shoals Sharing Group

Steve Goodman, President
Meets 1st & 3rd Sundays at 2:00 PM
North Wood United Methodist Church
Florence, AL 35630
(256) 767-4316

Huntsville DBSA Huntsville

Dave Hepler, President
Meets Thursday at 6:00 PM
United Way Building
701 Andrew Jackson Way
Huntsville, AL
(256) 539-1411

Huntsville MHCA in Huntsville

Helen Bishop, President
Meets 1st Mondays at 2:00 PM
Our Place Drop-In Center
205 Max Luther Dr. Huntsville
(256) 585-9772

Moulton Hogohegee Consumer Wellness Center

Doris Smith, President
Meets last Monday of each month at 6:00 PM
John's Bar-B Que
15165 Court St. Moulton, AL
(256) 566-3315

Centre NAMI Connection/Centre

Contacts: Paul & Suzanne Theis
Meets Tuesdays at 6:30 PM
First Baptist Church ROC
300 East Bypass
Centre, AL 35960
256-779-5794
ptconstuction@tds.net

Region II

Bessemer Free Spirit Consumer Group, Inc.

Paul Irvin, President
Meets Tuesdays at 10:00 AM
Board Room Suite 201
UAB West, 985 9th Avenue SW
Bessemer
(205) 481-8562
Facilitator: Lisa Burks

Birmingham

The Sharing Group of Birmingham

c/o Jesse Stinson, President
(205) 592-9773; 1-800-537-3806
(205) 592-9774 FAX
Meets: Sunday 6:00 PM
South Highland Presbyterian Church
2035 Highland Ave.
The Sharing Group/Hill Crest
Friday 6:00 PM
Hill Crest Hospital
6869 5th Ave South

The Sharing Group/Wednesday

Wednesday 2:00 PM
South Highland Presbyterian Church
2035 Highland Ave.

The Sunday Club

Sunday 2:00 PM
South Highland Presbyterian Church
2035 Highland Ave.

Birmingham Recovery, Inc.

Judy Fleck, President
Meets Saturday 2:00 PM
Southside Library
11th Ave, Five Points South
Birmingham
(205) 918-0746

Birmingham Young Adult Sharing Group

Meets Wednesday 9:00 AM
Mountain Brook Community Church
3001 Highway 280 E
Birmingham, AL
(205) 886-7553
yasgbham@gmail.com; www.yasg.org

Birmingham NAMI Connection/Birmingham

Contacts: William Ruff, (205) 566-8681,
cosmicray3@yahoo.com
Vickey (205) 933-6955
NAMI Birmingham, (205) 327-3777

NAMI Connection/Birmingham/Group 1

Tuesday at 12:30 PM, The 1920 Club
1920 10th Ave. South

NAMI Connection/Birmingham/Group 2

Monday at 7:00 PM
700 28th St South

Eutaw NAMI Connection/Eutaw

Meets Thursdays at 10:00
West Alabama Mental Health Center
301 Prairie Ave. Eutaw
Contact: Maurika Walton
205-482-8534
mlwalton27@gmail.com

Helena Recovery International

c/o Cliff Bennett
Meets Fridays at 10:00 AM
Helena United Methodist Church
2035 Highway 38
(205) 685-0520

Selma Cahaba Consumer Affairs Committee

Meets 2nd Tuesday & 4th Thursday 6:30 PM
Cahaba Consumer Affairs Drop-in Center
302 Franklin St., Selma
(334) 875-9911 or (334) 418-6525 M-F 1:00-6:00
www.cahabaconsumeraffairs.com

Tuscaloosa Emotions Anonymous

Meets Monday-Thursday 9:00 AM
Friendship House
505 19th Ave. N.
Tuscaloosa
(205) 345-1534

Tuscaloosa The Moodies (DBSA)

Anne Lynch, President
Meets 2nd Thursday 7:00 PM
Friendship House
505 19th Ave. N.
Tuscaloosa
(205) 345-4561
www.moodies.org

Tuscaloosa DBSA/Pathfinders of Tuscaloosa County

Meets Tuesday 6:00 PM
Trinity United Methodist Church
729 Paul W. Bryant Dr. East, Tuscaloosa
(205) 826-3642

Tuscaloosa Support for Recovery/Tuscaloosa

Meets 3rd Sunday 4:00 PM
(205) 292-5438 almon205@aol.com

Region III

Montgomery DBSA Montgomery (2 Groups)

Meets 1st Thursday 7:00 AM
Frazier United Methodist Church and
3rd Saturday 12:00 noon
Montgomery Public Library
245 High & McDonough St
For more information contact
Clairepatrese (334) 652-1431

Auburn/Opelika Revelations of Self

Kathleen Royce, President
Meets last Friday of each month 6:30 PM
Frank Brown Rec. Center
235 Opelika Rd, Auburn
(334) 741-0228

Auburn/Opelika Center of Hope

Meets 1st Mondays, 12:30 PM
2300 Center Hill Drive, Bldg. #1
Opelika, AL 36274
For more information contact
Sylvia at (334) 703-3853

Region IV

Dothan NAMI Connection/Dothan

Contact: Adele Morgan
334-702-2952
Meets Thursdays at 6:30 PM
Mt. Gilead Baptist Church
2864 Brannon Stand Rd., Dothan
Groups are held in Family Life Center
334-702-2952
Milton626@aol.com

Mobile Schizophrenics Anonymous/Mobile

Meets 2nd & 4th Tuesdays 11:00 AM
Government Street United Methodist Church, Mobile
(251) 438-5928

ALABAMA CONSUMER-RUN DROP-IN CENTER LOCATIONS



FRIENDSHIP HOUSE

505 19th Avenue
Tuscaloosa, AL 35401
(205) 345-1534
Open Monday - Thursday,
8:00 a.m. - 2:00 p.m.

THE 1920 CLUB

1920 10th Avenue South
Birmingham, AL 35205
Open Monday - Friday, 10:00 - 3:00 p.m.
Call (205) 933-6955

CAHABA DROP-IN CENTER

302 Franklin Street
Selma, AL
Open 1:00 p.m. - 6:00 p.m. daily
(334) 418-6525 (Clubhouse number)
If no answer, call (334) 875-1850
www.cahabaconsumeraffairs.com

SO-MI CENTER

4351 Midmost Drive
Mobile, AL 36609
(251) 342-0261
Open Monday - Friday,
7:00 a.m. - 3:00 p.m.

OUR PLACE

205 Max Luther Drive,
Huntsville, AL
Open Mondays, Tuesdays, Wednesdays, and
Fridays from 10:00 a.m. - 4:00 p.m.
Open Thursdays from 1:00 a.m. - 8:00 p.m.
For more information call (256) 746-4145

CLEAR VIEW

308 Chisam Street
Montgomery, AL
Open Tuesdays and Thursdays
12:00 noon - 5:00 p.m.
Call (334) 294-7741 for further information

To find out more about how to start a drop-in center in your area, call the Office of Consumer Relations at 1 (800) 832-0952.



Alabama Department of Mental Health
Office of Consumer Relations
RSA Union • 100 N. Union Street
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Montgomery, Alabama 36130-1410

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